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# The Secret Power of Your Name

*Unlock the Spiritual Meaning, Strengths & Corrections*

*Hidden in Your Name*

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# Introduction

**Y**our name is more than a label. It is a vibration, a frequency, and a key to your soul's spiritual blueprint. Throughout history, ancient traditions have understood that names hold hidden codes that reveal both destiny and divine purpose. In many cultures, naming ceremonies were sacred rituals, designed not just to give a child identity but to call forth their highest potential.

In my spiritual coaching practice, I help clients discover the untapped wisdom encoded within their names. Through *Name Decoding*, you can unlock your strengths, understand your challenges, and embrace the corrections that guide you to the highest frequency of your being.

This ebook is an introduction to the process of decoding the spiritual power of your name and how to consciously access it. You will learn:

- Why your name is a key to your spiritual journey.
- The basic principles of the name decoding process.
- Real-life examples of how names reveal strengths, challenges, and paths of correction.
- How to build an action plan for spiritual growth aligned with your name.

- How to deepen your journey with my spiritual coaching programs and tools.

Let's begin the journey into the power of your name.

### **The Spiritual Power of Your Name**

Your name carries energy. It vibrates with unique spiritual codes that mirror your personality, soul mission, and life lessons. When you speak or hear your name, it resonates not only in your mind but also in your spirit, activating hidden potentials.

The power of your name can:

- **Reveal Strengths** – natural talents, gifts, and soul qualities that can lead you to success and fulfillment.
- **Highlight Challenges** – patterns, blocks, or tendencies that can hold you back if not addressed.
- **Indicate Corrections** – spiritual practices, mindset shifts, and conscious actions that help you align with your highest self.

When decoded, your name becomes a map of your inner world and a guide to elevating your spiritual frequency.

**The Secret Power of Your Name introduce to you how to** *Unlock the Spiritual Meaning, Strengths & Corrections Hidden in Your Name.* Your name is more than an identity — it is a sacred code that reveals your spiritual destiny.

In this transformative guide you will discover the hidden strengths, recurring challenges, and soul corrections encoded

## INTRODUCTION

in your name through ancient wisdom.

# Chapter 1- The Name Decoding Process (Overview)

**W**hile the formula I use is rooted in ancient wisdom, numerology, and spiritual codes, here is a simplified overview of the process:

1. **Breaking Down the Name** – Each letter carries a vibrational quality. When combined, they create patterns of energy.
2. **Identifying Core Numbers or Frequencies** – These reveal personality traits, soul lessons, and hidden gifts.
3. **Mapping Strengths** – The energies in your name that uplift and empower you.
4. **Mapping Challenges** – The energies that may cause struggle, confusion, or setbacks.
5. **Finding Corrections** – The practical and spiritual steps needed to balance and elevate your frequency.
6. **Action Plan** – A clear, tailored pathway that helps you embody the highest vibration of your name.

This process does not box you into a fixed destiny. Rather, it empowers you to consciously work with your name's frequency so that you can live in alignment with your divine purpose.



## Examples of Name Decoding

### Decoding of Example Names

#### 1. John

**Hebrew Equivalent:** י (Yod), ו (Vav), ח (Chet), נ (Nun)

- **י (Yod)**
  - ✓ Spark of divine wisdom, creativity, innovation.
  - ⚠ Restlessness, self-doubt, lack of grounding.
- **ו (Vav)**
  - ✓ Bridge-builder, loyalty, brings people together.
  - ⚠ Over-dependence, blurred boundaries.
- **ח (Chet)**
  - ✓ Life-force, resilience, inner strength.
  - ⚠ Rigidity, stubbornness, fear of change.
- **נ (Nun)**
  - ✓ Humility, service, deep wisdom.
  - ⚠ Passivity, fear of failure, pessimism.

**Strengths Summary:** Reliable leader, creative, unifying, resilient.

**Pitfalls Summary:** Stagnation, fear, over-giving.

**When Pitfalls Emerge:**

- Career: Staying too long in unfulfilling roles.
- Love: Losing individuality in relationships.
- Spiritual: Preferring “safe routines” over transformation.

#### 2. Mary

**Hebrew Equivalent:** מ (Mem), ר (Resh), י (Yod)

- מ (Mem)
- ✓ Nurturing, intuitive, flowing like water.
- ⚠ Over-sacrificing, overwhelmed by emotions.
- ר (Resh)
- ✓ Visionary, radiant, strong leadership.
- ⚠ Ego-driven, pride, fear of vulnerability.
- י (Yod)
- ✓ Creativity, spark of divine purpose.
- ⚠ Restlessness, scattered energy.

**Strengths Summary:** Compassionate, intuitive, visionary leader.

**Pitfalls Summary:** Self-sacrifice, ego pride, scattered energy.

**When Pitfalls Emerge:**

- Career: Burnout from over-giving.
- Love: Attracting one-sided relationships.
- Spiritual: Seeking recognition instead of service.

### 3. Peter

**Hebrew Equivalent:** פ (Peh), ט (Tet), ר (Resh)

- פ (Peh)
- ✓ Communication, influence, speaking power.
- ⚠ Harsh words, impatience, dominance.
- ט (Tet)
- ✓ Hidden potential, inner strength, discipline.
- ⚠ Self-criticism, perfectionism.
- ר (Resh)
- ✓ Radiance, leadership, vision.

- △ Ego, impulsiveness, recklessness.

**Strengths Summary:** Charismatic leader, gifted communicator, visionary.

**Pitfalls Summary:** Impatience, dominance, ego-driven choices.

**When Pitfalls Emerge:**

- Career: Conflict with colleagues, over-controlling.
- Love: Struggles with compromise.
- Spiritual: Pride blocks humility and growth.

#### 4. Francis

**Hebrew Equivalent:** פ (Peh), ר (Resh), נ (Nun), ס (Samekh)

- פ (Peh)
  - ✓ Communication, persuasion, creativity.
  - △ Misuse of words, sharp criticism.
- ר (Resh)
  - ✓ Visionary leader, radiant personality.
  - △ Ego struggles, fear of failure.
- נ (Nun)
  - ✓ Humility, faith, inner wisdom.
  - △ Pessimism, passivity.
- ס (Samekh)
  - ✓ Protection, stability, supportive nature.
  - △ Dependency, fear of change.

**Strengths Summary:** Creative, wise, protective, stabilizing energy.

**Pitfalls Summary:** Fear of failure, passivity, dependency.

**When Pitfalls Emerge:**

- Career: Retreats instead of leading.
- Love: Fear of rejection leads to withdrawal.
- Spiritual: May hide gifts instead of shining.

## 5. Olayinka

**Hebrew Approximation:** א (Ayin), ל (Lamed), י (Yod), נ (Nun), ק (Qof), א (Aleph)

- א (Ayin)
  - ✓ Vision, intuition, spiritual insight.
  - △ Confusion, illusion, distraction.
- ל (Lamed)
  - ✓ Teacher, guide, wisdom, discipline.
  - △ Harsh self-discipline, rigidity.
- י (Yod)
  - ✓ Creativity, divine spark, innovation.
  - △ Scattered focus, impatience.
- נ (Nun)
  - ✓ Service, humility, deep wisdom.
  - △ Passivity, fear of failure.
- ק (Qof)
  - ✓ Spiritual depth, mystical awareness.
  - △ Fear of judgment, isolation.
- א (Aleph)
  - ✓ Leadership, divine unity, originality.
  - △ Pride, loneliness, burden of responsibility.

**Strengths Summary:** Spiritual visionary, teacher, leader with creative brilliance.

**Pitfalls Summary:** Struggles with self-doubt, fear of judgment, over-rigidity.

**When Pitfalls Emerge:**

- Career: Pressure of high expectations.
- Love: Difficulty balancing tradition and individuality.
- Spiritual: Isolation instead of authentic sharing.

## 6. George

**Hebrew Equivalent:** ג (Gimel), ו (Vav), ר (Resh), ג (Gimel), ה (Hey)

- ג (Gimel)
  - ✓ Generosity, balance of giving and receiving.
  - ⚠ Over-giving, loss of boundaries.
- ו (Vav)
  - ✓ Loyalty, connector, unifier.
  - ⚠ Over-dependence, imbalance.
- ר (Resh)
  - ✓ Radiance, strength, leadership.
  - ⚠ Ego-driven pride, recklessness.
- ה (Hey)
  - ✓ Inspiration, divine breath, revelation.
  - ⚠ Doubt, lack of follow-through.

**Strengths Summary:** Generous leader, loyal, inspirational presence.

**Pitfalls Summary:** Over-giving, pride, inconsistency.

### **When Pitfalls Emerge:**

- Career: Over-commits, struggles with follow-through.
- Love: Gives too much without balance.
- Spiritual: Wavers between inspiration and doubt.

## **7. Flora**

**Hebrew Equivalent:** פ (Peh), ל (Lamed), ו (Vav), ר (Resh), ה (Hey)

- **פ (Peh)**
- ✓ Communication, creative expression.
- ⚠ Harshness in words, scattered energy.
- **ל (Lamed)**
- ✓ Teacher, learner, wisdom seeker.
- ⚠ Over-critical, perfectionist.
- **ו (Vav)**
- ✓ Connection, harmony, loyalty.
- ⚠ Over-dependence, attachment.
- **ר (Resh)**
- ✓ Radiance, vision, strength.
- ⚠ Ego, fear of failure.
- **ה (Hey)**
- ✓ Inspiration, divine light, openness.
- ⚠ Doubt, hesitation, inconsistency.

**Strengths Summary:** Creative communicator, wise teacher, radiant and inspiring.

**Pitfalls Summary:** Perfectionism, ego struggles, fear of rejection.

**When Pitfalls Emerge:**

- Career: Hesitates to take bold opportunities.
- Love: Over-dependent or over-critical.
- Spiritual: Fluctuates between inspiration and doubt.

## Chapter 2 - Creating an Action Plan

Once your name is decoded, you can begin building a conscious action plan to embody its highest vibration. Here's a general framework:

1. **Awareness:** Reflect on your strengths, challenges, and corrections. Write them down in a journal.
2. **Daily Practice:** Choose affirmations, meditations, or prayers that align with your name's highest vibration.
3. **Correction Steps:** Identify one or two patterns you want to shift. Commit to conscious action (e.g., setting boundaries, practicing patience, embracing creativity).
4. **Spiritual Tools:** Use meditation, journaling, digital affirmation cards, or prayer books to stay consistent.
5. **Support & Accountability:** Work with a spiritual coach to keep your progress aligned with your higher self.



## Chapter 3- How I Can Support You

**M**y coaching services are designed to guide you through this journey of decoding and elevating your name's spiritual frequency. Here's how you can work with me:

### **1. Ancient Wisdom Name Decoding**

- A personalized, full report on your name.
- Reveals strengths, weaknesses, and spiritual corrections.
- Includes a tailored action plan for self-improvement.

### **2. Spiritual Life Coaching Programs**

- One-on-one sessions focused on your spiritual journey.
- Guidance on consciousness, healing, and self-mastery.
- Customized practices to help you elevate into the highest vibration of your name.

### **3. Spiritual Coaching Tools**

- **Ebooks** – deep dives into spiritual practices and wisdom.
- **Digital Affirmation Cards** – reminders to align your mind and spirit daily.

- **Digital Prayer Books** – sacred words to uplift your frequency.
- **Audio Meditations** – guided journeys for peace, clarity, and empowerment.
- **Digital Journals** – tools to track your growth and spiritual insights.
- **Printed Books via Amazon** – physical resources to support your journey.

Click below to access them

<https://innergrowthstore.gumroad.com/>

[https:// Shop | Spiritual Coaching and Healing Prayer Tools](#)

Contact me for more information at [Sarainnerhealing@gmail.com](mailto:Sarainnerhealing@gmail.com)

## Conclusion

### **F**inal Thoughts

Your name is not an accident. It is a sacred code chosen by spirit, family, or destiny to guide you. When decoded, it reveals a map to your soul's highest vibration.

By understanding the strengths, challenges, and corrections hidden within your name, you gain the power to consciously align your life with divine purpose.

I invite you to take the next step: explore your name through a full decoding session, begin your personalized coaching journey, and use the spiritual tools available to you. Together, we can elevate your frequency, align your life, and unlock the full spiritual power of your name.

Your name is calling you to rise. Will you answer?

To your success

Dr Shelah Harris

